

FOR YOUR INFORMATION



MAKING CONNECTIONS LATINO AND SOMALI FAIRS

Human Services will host a day of resource fairs for the Latino and Somali communities in Bloomington, **Saturday, October 29**, at Bloomington Civic Plaza.

This free event will provide Bloomington residents with an opportunity to connect with different services in the community. A variety of state and local government agencies along with nonprofit organizations will share information about themselves and the services they offer.

- **Latino fair** 10 a.m. - 12:30 p.m.
- **Somali fair** 1 - 3:30 p.m.

To apply to be a exhibitor for a \$30 fee, call or visit the City's website.

WEBSITE KEYWORD: FAIRS.

BUILDING RESOURCES AND RELATIONSHIPS HUMAN SERVICES STRENGTHENS THE COMMUNITY

Human Services provides exceptional programs and services to community members of all ages. Programs are accessible to youth, older adults, families and multicultural communities.

Programs are held at **Bloomington Civic Plaza, 1800 West Old Shakopee Road**, or **Creekside Community Center, 9801 Penn Avenue South**, unless otherwise noted.

For more information, call Human Services at 952-563-8733 or TTY 952-563-8740.

To sign up for e-mail updates, go to our website, click on [E-Subscribe](#) and subscribe to "Human Services."

WEBSITE KEYWORDS: HUMAN SERVICES.

OPENING MINDS, OPENING DOORS DISABILITY EMPLOYMENT AWARENESS WORKSHOP

The fact that someone has a disability doesn't mean they are not capable of great things. The Bloomington Human Rights Commission and Disability Employment Awareness Committee will host the Disability Employment Awareness Workshop on **Wednesday, October 26**, at Bloomington Civic Plaza, from **8:30 a.m. - noon**.

This free workshop is designed to provide business leaders in the community with an increased understanding of the benefits of hiring and working with people with disabilities. The workshop will cover the technical aspects of making accommodations, personal stories from successful employers of people with disabilities and more. Vice President of Diversity and Inclusion at Wells Fargo Bank Philomena Morrissey Satre will be the keynote speaker.

To apply to be an exhibitor for a \$30 fee, call or visit the City's website.

WEBSITE KEYWORDS: DEAM.



HONORING OUR HEROES ANNUAL VETERANS' APPRECIATION LUNCH AND PHOTO WALL



If you believe the saying "a picture is worth a thousand words," join Human Services as it displays a lifetime of stories that pay tribute to Bloomington veterans and active service members at the annual Veterans Appreciation Lunch.

The lunch will be held **Thursday, November 10, 11:30 a.m. - 1 p.m.**, at Creekside Community Center.

The keynote speaker will be Barbara Farrell, president of the Minnesota Chapter of American Gold Star Mothers. Entertainment will be provided by the Minneapolis Police Band.

Meal cost is \$6 for guests ages 60 and under and \$3 for guests ages 60 and older. (A NAPIS form required.)

A complimentary lunch will be provided for veterans and active duty personnel. Advanced registration is required. To register, call 952-563-4948, TTY 952-563-4944, or e-mail reservations@ci.bloomington.mn.us.

The Veterans Photo Wall will be on display throughout November at Creekside Community Center.

The current collection features more than 250 photos of men and women from all branches of service. If you would like to submit a photo for the 2011 display, visit Creekside or e-mail humanservices@ci.bloomington.mn.us.

Your original photo will be scanned and returned to you.

GIVE THE GIFT OF TIME VOLUNTEERS STRENGTHEN THE COMMUNITY



Are you looking for ways to get involved in your community? Human Services has a variety of opportunities available for individuals of all ages and abilities at Creekside Community Center with its Bloomington Senior Program. Special projects are also available seasonally with other Human Services programs, activities and events. For more information on Human Services and other volunteer opportunities, visit the City's website.

WEBSITE KEYWORD: VOLUNTEERING.



UPCOMING PARTIES DON'T MISS OUT ON THESE DELICIOUS LUNCH EVENTS

Lunch parties at Creekside Community Center don't just provide you with a nutritious meal, they are a fun way to relax and enjoy entertainment while connecting with your friends and neighbors. Lunch parties may include live entertainment, games, door prizes and much more.

The cost of a meal is a suggested contribution of up to \$3 for guests 60 and older (NAPIS form required) and \$6 for guests under 60.

Upcoming themed parties include:

- **Monday, October 31**
Wear a costume to lunch and enjoy some treats on Halloween.
- **Thursday, November 17**
Enjoy lunch, play Turkey Bingo and listen to live music by The Mouldy Figs.

To register, call 952-563-4948, TTY 952-563-4944 or e-mail reservations@ci.bloomington.mn.us.

HEALTH MATTERS

FITNESS MATTERS HUMAN SERVICES SENIOR PROGRAM KEEPS YOUR MIND SHARP AND BODY FIT

Do you want to sharpen your memory? Get in shape before the holidays or just gain a better understanding of your health insurance? Look no further than the Human Services Senior Program at Creekside Community Center.

Among its many offerings, the Senior Program provides a wide variety of health and fitness-related classes and events, including Dakim Brain Fitness, a unique touch-screen computer program that engages users in mentally stimulating and entertaining exercises, and Low Impact Exercise Class, a free aerobics class that meets Tuesdays and Thursdays, 9 - 10 a.m.

For more information, call or [e-mail Human Services](#).



to provide support and guidance to the independent senior in their lives. Team members can coordinate scheduling visits, print care records that can be taken to doctor's appointments and research community-based resources like lawn care, housecleaning and transportation.

Caregivers can also find support for themselves. The website offers ideas and resources that can help caregivers find ways to balance their many roles and prevent burnout.

Independent Home Living is a nonprofit organization dedicated to providing help to caregivers and maximizing independence for seniors. The City of Bloomington funds Senior Community Services.

For more information, visit www.carenexion.org.

FREE ONLINE SERVICES NEW WEBSITE SERVES SENIORS, EMPOWERS CAREGIVERS

The CareNextion website, created by Independent Home Living, provides online tools and telephone support to aid in the care of independent seniors.

Visitors to Carenexion.org can set up a care team of family members, volunteers and healthcare professionals

